

Fruta con Granola

(Fruit & Granola)

BIONICOS

In many Latin countries it is common to eat a small breakfast consisting of coffee, pan (bread) and fruit. Also, snacking on fresh fruit with chili powder and lemon, or fruit with yogurt or Bionicos (fruit with condensed milk and nuts) throughout the day is common.

SERVINGS 1

NUTRITIONAL GUIDE PER SERVING

CALORIES	201
FAT (G)	10
SATURATED	4.9
UNSATURATED	5.1
PROTEIN (G)	6.6
CARBOHYDRATES (G)	24.1
FIBER (G)	4.8
CHOLESTEROL (MG)	14
SODIUM (MG)	60

INGREDIENTS

1	tablespoon	granola
1	teaspoon	banana chips
1	teaspoon	coconut, shredded
4	ounces	yogurt with fruit, non-fat
1	ounce	strawberries, sliced
1	teaspoon	walnuts, chopped

METHOD

* Spoon all ingredients into a glass or bowl.

Note: When making your selection for granola, check the fat content, some brands can be significantly higher than others.



Created by Chef Lala
as seen in her *Latin
Lover Lite* cookbook.

